

# Interview with Mallika and Others.

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In Darshan, sannyasins frequently bring queries to Osho connected with the relationship to their parents. In reply, Osho often quotes Gurdjieff who used to say to his disciples that unless a person is clear in her relationship to her parents, she's not yet mature.

If that seems a somewhat obscure statement, through the therapy groups here, sannyasins

are able to experience for themselves how significant a role their parents played-and continue to play-in their lives. They become aware that their attitude to life is largely coloured by the conditionings and prejudices handed down to them from their parents .. become conscious that all interpersonal relationships are influenced by the first relationship they had with their mother and father

Through groups one begins to feel the limits and the artificiality of personality and discovers that the character one close carefully erected since childhood is the product of parental pressure to conform to a model of the ideal child-which, incidentally, one never became.

For many sannyasins, it is a very real test of their growth to have their parents visit them here.

Mallika-a resident sannyasin-describes the experience of having her mother visit her recently .. ..

**Mallika:** The situation I'm in stretches and pushes me a lot, and I'm getting whacked over the head by Osho, but having my mother here is the most reactive situation I've been in for the

past year, since I've been here.

The buttons she pushes in me are so deep. It felt that much of the conflict and anger against her had gone through several months of dynamic meditation, but now she's here it seems that though it doesn't bubble up in rage, the anger is just simmering inside—all the, 'No—you're wrong. I'm right.' stuff.

**Maneesh:** It must have been distressing to find that those feelings were still there.

**Mallika:** Well, of course! I wanted to be so high and clear. It's very good in that it's the hardest stuff for me to watch—much harder than, for instance, other desires, sexuality, or other anger that comes up with people here. That's very easy for me to either express or watch, but this is so murky, so unclear.

**Maneesh:** Do you have any feelings about wanting her to become a sannyasin or doesn't it matter to you?

**Mallika:** I see very clearly with my head that if she were to come to Osho, the only way is for me to give her total space to do what ever trip she's doing. So when I'm with her, there's always these emotions underneath, and on the surface I'm distancing myself and giving her space

For a while I wanted to run away from her and I avoided her for three days. Then in Darshan Osho said to me, 'Take care of her while she is here,' and I know that that is to push me into it. I see it as a meditation now.

I feel that until there is compassion, until I can look at her and there's no reaction there, until I can look at her as I look at others, then I'm just as chained to my old habits and patterns.

For me it's been more an acceptance of myself rather than an acceptance of my mother .. ..an acceptance that all that stuff is there. I see I don't need to change her at all, and the only reason that she's here is for me to look at myself—and I'm so grateful for that.

I can go to a lecture and walk out feeling very loving and

vulnerable and high, and next moment I'm with my mother and plunged back into space again. I'm beginning to see that it's all equal-whether it's high or low-and that the space to be in is just to know what's going on.

I know that this is one of those situations that I'm going through as it happens, and later a whole lot of insights will come up. I was wanting to be full of insights and clear while she was here, and that is not happening-I'm too in it. But whatever it is and whatever comes out of it, it is really such an incredible gift.

At the point where I get desperate, I just see Osho rubbing his hands together and chuckling, 'Take care of your mother,' and .. „ooooohhh!

Becoming a sannyasin is a unique situation, for to take sannyas is to drop the past-and the associated relationship with one's parents. This is not to say that one does not relate anymore, but that the old ties are cut, the mutual expectations and roles dropped.

One sannyasin, whose parents came from brief visit, found that the visit was disturbing for they represented the past and related to her as if she was the daughter they had known before. They were reluctant to accept a new name, which seems to indicate that they could not or would not accept that she was not the old.

'It was helpful to have them here because before they came I was under the illusion that I was reconciled to my past-and they showed me that I am not.

' Osho says to drop the past, but I don't feel that means to pretend that it never existed, to deny it, repress all the wounds—as I had been doing, unknowingly. I saw that I still carry the old grudges, still react my parents in the same way.

'In that sense I'm still not free of them, but in taking sannyas I definitely feel a cord has been cut. I must still be clinging to the old tie with them, otherwise I would drop the hurt that they, in part, represent.

'I have the feeling that their visit did something very valuable—something of which I am only dimly aware right now.'

For other sannyasins, having their parents here was an opportunity to finish with the games and roles they had been playing together and to relate to each other not as son or daughter to the parent, but as friends.

The mother of one sannyasin said to Osho that she still wanted a relationship with her son, Arup, while he did not want to be related to her.

Osho talked to her at length and suggested that if she could let go of Arup, she would find that he did not need to go far away from her. To Arup Osho said to put up a 'good fight' and to resist his mother. Once Arup saw that his mother was allowing him his freedom, there would be no point in fighting.



Osho said to Arup: 'If you give a good fight, you are fulfilling your sonhood. If she lets you go, she is fulfilling her motherhood.'

Osho added that if they could work through the situation, the resultant friendship would be of great value and beauty.

Osho has said on other occasions that there is a need to dissociate from one's identity with the small family unit in exchange for relationship to the larger world family-hence Jesus saint his disciples that they should 'hate' their parents. Only through becoming a self, can one really love-otherwise one is not there to give.

The family that is growing around Osho could be regarded as an intermediary step from small family units to relationship with the whole cosmos. Many sannyasins experience that having been nurtured by the larger, more loving, more accepting energy of the sannyasin family, they in turn, are more loving and accepting of their individual families.

Those sannyasins whose parents take sannyas and who become part of this larger family,

have expressed that this helped them to see their parents as other individuals rather than just as parents.

Sagar, an English sannyasin, felt his relationship with his mother improved as soon as he became a sannyasin... ..

'.. .because in doing so my insight into myself and relationships in general and parental relationships in particular, deepened, so I felt not as attached to those relationships as before. I could see them in a wider perspective.

**Maneesha:** What sort of things were you feeling while you were awaiting her arrival here?

**Sagar:** Very mixed, I'm bound to say, because her coming here in some ways was a disturbance for me because I was very much into something completely different-not at all connected with my past-and my mother was a link with my past. I didn't really want this link with my past coming into my present existence.

But when she came I realised that it was just paranoia and that she was just an individual in her own right-not necessarily a ghost from my past-who wanted to see what's happening here.

**Maneesha:** Did you feel unreconciled with the past or feeling that you wanted to forget it, or did you feel that her coming here was a threat to this new being that you become?

**Sagar:** It was a mixture of all that. Your last point was right-I did feel a threat to my centring, but I also realised that it was just a very loose and non intimidating threat. It was just there-

fear, pure and simple—that she might rattle me because she would constantly remind me of all the things that I have left behind.

When my mother became a sannyasin, we in fact had a number of sometimes quite hard and bitter encounters relating to stored up energy against her from my childhood

With that out of the way we then established in new contact and friendship as two individual sannyasins, two equals in a new family

while conflict continues between a person and his parents, he can never really be at ease with himself or with others, and it is good if accounts with parents can be closed while parents are still alive. This is what makes it so meaningful sannyasins when their parents come here—but such issues are brought to a head and often resolved. On top of this, it is a unique situation to have an enlightening, such as Osho as mediator

Some people, on the other hand, find it helpful to return to the West to meet their parents as sannyasins—with new names, dressed in orange. The parents the old image of their son or daughter was broken and that can be the starting point for a whole new relationship ...

**Paras:** What happened for me was that the relationship was much lighter. That was three years ago now and I don't recall details, but I know that as soon as I took sannyas my relationship with them started to improve.



**Maneesha:** What do you attribute that too? Did you feel that the cord had really been cut?

**Paras:** No, the feeling was more like now I'm a person I can relate to them. Before, we were related on the basis of the trips we laid on each other, and it couldn't be good like that because we were just constantly expecting things from each other.

I was able to allow them much more space as soon as I got into sannyas, and then they seem to allow me more space. I didn't feel that anything had been cut as much as cleared. The trips were not as heavy at all, and they were prepared to accept what I was doing much more because I turned into a much nice person!

I remember my mother said to me one day, 'I like Paras much more than I liked Gabby.' She really did-because I was much more allowing and loving.

**Maneesha:** How did you feel about their coming here?

**Paras:** I just got hepatitis just before they can! I just could not handle the fact that they were going to be here and they were going to make all those demands on me, and that I was going to go through all my stuff with them-all the unfinished business that we had. I was really aware that there was a lot of stuff we had to go through-and we did; we started going through it.

It was lovely .. ..it was really good (a little sigh, then half apologetically) I'm going to cry all the time!

**Maneesha:** Did you find yourself trying to pressure them into taking sannyas or didn't it matter to you?

**Paras:** One part of me wanted to push them and another part new if I pushed them it wouldn't do any good anyway because they were just drop it (sannyas). If they did it for me, it wasn't going to be any good.

It came as quite a surprise to me that they did take sannyas.

**Maneesha:** how did you feel?

**Paras:** Well, it was nice because at that moment they were both very open to Osho. When I asked them why they did it, they said, 'Well, he's so lovely-we didn't want to disappoint him. We didn't want to make inside that we wouldn't take sannyas'-so they took sannyas just because Osho's so lovely!

**Maneesha:** Did you find their becoming sannyasins brought you closer?

**Paras:** Oh yes, it brought us much closer, so much closer. When they left I really *felt* something. I really felt very very loving towards them. I've always felt close to my ma, but I really allowed myself to be very vulnerable with my father and cried and cuddled and just let myself show how I felt. It was great!

**Maneesha:** Do you feel related to them in a different way now?

**Paras:** Yes, very much so. I don't feel any connection with my mother as my mother now-that's completely gone.

**Maneesha:** And it feels good?

**Paras:** This time (when her mother came for a visit) I went into this amazing kind of euphoria of freedom, vastness and expansion. It was wonderful .. it was really wonderful. It seemed that there was no negativity with her any more. That was just wonderful.